

DAY 01 • DAILY KIT

What AI Is + How To Actually Prompt It + Why You Can Start a Company Today

Meet AI. Learn the one skill everything else depends on.

Theme: AI + Your First Prompts • Homework: 45 min • Project: 90 min

WHAT'S INSIDE

01 **Take-home assignments**

Missions to complete tonight.

02 **Project steps**

Ship one thing before Demo Day.

03 **Reflection prompts**

Write, don't just think.

04 **Master checklist**

Tick it. Prove it. Done.

Homework — Day 1

Estimated time: 45 min

01 Sign up for the toolbelt

Create free accounts on ChatGPT, Claude, and Perplexity. Ask the same question on all three. Note which one you liked best and why.

02 R.A.C.E. drill

Pick 3 questions you'd normally Google today. Write each one as a proper R.A.C.E. prompt (Role, Ask, Context, Example/Format). Run them. Save the outputs.

03 Problem Journal

Fill a page with 20 problems you or someone you know had this week. Don't judge — just list. Bad problems create the best businesses.

04 AI Interview

Ask ChatGPT: 'Interview me for 10 minutes to figure out what I'm secretly obsessed with.' Screenshot the 3 most surprising answers.

REFLECTION — WRITE, DON'T THINK

☐ Which of your 3 R.A.C.E. prompts got a noticeably better answer than a normal Google search?

☐ What did the AI notice about you that you didn't expect?

☐ If you had to bet \$100 on one problem being a business — which one?

BONUS ROUND

Find one adult in your life. Ask them: 'What's the most boring/annoying part of your job?' Their answer is a goldmine.

Project Kit — Founder Origin Story

Estimated time: 90 min

THE GOAL

Create a 60-second video introducing yourself as a future founder — using only AI tools.

MATERIALS

ChatGPT or Claude	ElevenLabs (voice, free tier)	Any image generator (Gemini/Midjourney/Ideogram)
CapCut or Canva (video)		

STEPS

01 Write your origin story

Ask AI to interview you, then rewrite your story in the tone of a movie trailer voice-over. 100 words.

02 Generate 6 visuals

Prompt an image AI for 6 shots representing your journey. Style: 'cinematic, neon-tinted, retro-future poster art.'

03 Voice it

Clone or pick a voice on ElevenLabs. Have it read your script.

04 Cut it together

60 seconds. Music. Text overlay of your name + 'Founder, 2026'.

DELIVERABLE

A 60-second MP4, posted to the camp gallery.

RUBRIC — HOW WE JUDGE

✓ **Hook (first 3 seconds)**

Does it make me want to keep watching?

✓ **Story clarity**

Do I understand who you are and what you care about?

✓ **AI craft**

Are the visuals + voice + music intentional, not random?

✓ **Founder energy**

Would I want to work with this person?

PROMPT TEMPLATES – COPY & USE

The origin story prompt

You are a movie trailer scriptwriter. I'll give you 5 facts about my life. Turn them into a 100-word voice-over that ends with the line: 'This is only the beginning.' Facts: [PASTE 5 FACTS]

The visual director prompt

I need 6 image prompts for a founder origin video. My story: [PASTE STORY]. Style: cinematic, neon-tinted, retro-future poster art, 16:9. Return 6 prompts I can paste directly into an image AI.

Tick each box only when it's actually done.

HOMEWORK MISSIONS

- ☐ Sign up for the toolbelt
- ☐ R.A.C.E. drill
- ☐ Problem Journal
- ☐ AI Interview

PROJECT STEPS

- ☐ Write your origin story
- ☐ Generate 6 visuals
- ☐ Voice it
- ☐ Cut it together

SHIP IT

- ☐ Reflection questions answered in writing
- ☐ Deliverable submitted: A 60-second MP4, posted to the camp gallery.
- ☐ Posted to the camp gallery / shared with a friend
- ☐ Bonus round attempted

Done? Sign it. Date it. Show up tomorrow ready to build.

Signed _____ Date _____